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《减盐资讯》汇总自上一期起最新的与钠摄入和减盐相关的新闻文章（或标题），大约每两周发布一次。内容包括：行业资讯、政府资讯、各州/地方资讯、国际资讯、新的调查和研究成果等等。目的是为了让公众对与钠相关的新闻话题有一个快速了解。

**2016年11月5日至11月18日**

**行业新闻**

[**预制食品减盐是一项复杂挑战**](http://www.newsworks.org/index.php/thepulse/item/98878-reducing-salt-in-prepared-foods-is-tricky-business)

费城莫奈尔化学感知中心的Gary Beauchamp对食盐的咸味进行了大量研究工作。目前，减盐尝试催生了一系列新产品：钠盐替代系列。Beauchamp称其中一项尝试是氯化钾。虽然具有咸味，但是氯化钾并非一种理想替代品，因为很多人感觉这种产品带有苦味。另外一种方法是使用鲜味，即味精（MSG）的一种成分代替。但是因为味精名声不佳，所以不受美国消费者喜爱。新泽西布兰斯堡调味品公司Savoury Systems指出，它们使用的化合物成本比食盐大约高20倍，但是销路甚好，因为众多食品制造商都在寻找减盐替代品。– NewsWorks

**州/地方新闻**

[**新俄亥俄州中心致力于制造健康美味食品**](http://feedstuffs.com/story-new-ohio-state-center-aims-make-foods-healthier-tastier-45-149407)

如果能够享受一整袋味道正宗的薯条，但是使用的调味品含钠量低于正常值的三分之一，你会感觉怎么样？这正是俄亥俄州立大学调味品研究与教育中心正在试图解决的一个问题。在一项研究中，该中心对舌头能够感知的食盐数量进行了研究。中心主任Devin Peterson说，“我们发现在进食过程中，食盐并未得到充分感知。”“如果你拿起一片表面附着了食盐的薯片，你只能感知15-20％的食盐。”– Feedstuffs

[**医院食品提醒：卫理公会为什么正在改造自己宽大的厨房？**](http://www.ibj.com/blogs/17-the-dose/post/61342-hospital-food-alert-why-methodist-is-upgrading-its-massive-kitchen)

印第安纳大学卫理公会医院日供餐规模高达5000人次。最近，该医院斥资57.3万美元进行了厨房现代化改造，改善食品质量和服务水平。新设备有助于医院厨师制作全新的食品，包括汤类、烤鸡和其他肉类，以控制食品食盐和饱和脂肪含量。CDC警告，医院提供的全钠食盐“可能导致患病和免疫力受损患者及其家人，医院职工和公众食盐摄入量增加。”-印第安纳波利斯商业杂志

**新研究/调研成果**

[**新研究成果表明，人们对咸味食品的喜爱取决于遗传基因**](http://www.telegraph.co.uk/science/2016/11/13/preference-for-salty-food-determined-by-genes-new-research-finds/)

美国心脏协会2016年科学会议提交的一项新研究成果发现，基因构成使味蕾对苦味特别敏感的人群过量摄入钠盐的概率增加两倍。前期研究表明，带有TAS2R38基因常见变体的人群通常避免进食西兰花和深绿带叶蔬菜等健康食品，因为他们对其中的苦味过于敏感。新研究结果表明，与不具备这一基因特征的人群相比，具有这一基因变体的人群进食钠盐的数量可能超过推荐标准的1.9倍。-《每日电讯》

[**CDC研究表明，美国人钠摄入超标**](http://www.meatpoultry.com/articles/news_home/Business/2016/11/Study_shows_Americans_consume.aspx?ID=%7B827C4E2D-AD5F-4E20-ABC6-39AD2DEA5870%7D&cck=1)

CDC领导的一项新研究对827名美国成年人进行了24小时尿液跟踪分析，结果发现90％的调查对象钠摄入量超过日推荐标准。项目组向美国心脏协会2016年科学会议提交的初步研究结果表明，研究对象日均摄入钠3662毫克，而且男性平均摄入量高于女性。《2015-2020美国膳食指南》建议每日钠摄入量不要超过2300毫克。– Meat and Poultry News

[**控制饮食钠盐水平对慢性肾病（CKD）患者的肾脏和心脏有利**](http://www.news-medical.net/news/20161117/Dietary-sodium-restriction-may-provide-kidney-and-heart-benefits-for-CKD-patients.aspx)

美国肾脏学会杂志最近刊登的文章发现，降低钠盐摄入量对慢性肾病（CKD）患者的肾脏和心脏有利。尿液蛋白分泌物，包括白蛋白，是CKD的一项指标。降低蛋白尿的治疗方法能够减缓肾脏功能下降，也对心脏和血管健康有利。与饮食控盐和使用帕立骨化醇作用相比（帕立骨化醇能够激活维生素D受体），调查人员发现，饮食控盐能够有效降低残留蛋白尿和血压水平，而帕立骨化醇对这些水平降低没有明显效果。服用帕立骨化醇，同时控制食盐摄入，能够最大程度地降低蛋白尿水平。– News-Medical.Net

**其它信息**

[**最佳组合**](http://www.consumerreports.org/food/the-best-stuffing-mixes/)

带馅的食物是许多人最喜欢的感恩节食品，但是在假日宴会忙碌的准备过程中，从头准备让很多人望而却步。为了减轻感恩节烹饪压力，一个食品测试团队提供了九份预包装混合馅料以进行测试。面对由普通配料制作的混合馅料，以及食盐含量低33％的鸡汤和无盐奶油制作的馅料，品尝者并非发现味道存在明显差异。即使使用低盐配料，每份食品食盐含量范围是250毫克（鸡肉上部低盐混合馅料）到604毫克（Glutino无麸玉米面包馅料）。– Consumer Reports

[**感恩节钠摄入观察**](http://www.nbc15.com/content/news/Watching-sodium-intake-during-Thanksgiving-400766901.html)

感恩节期间，美国人仅需一餐，便可能超过每日钠摄入标准。注册营养师Taiya Bach说，最容易实施的减盐方法是从一开始制作食品时控制食盐添加数量。感恩节常见含钠菜肴包括火鸡肉汁（每1/4杯270毫克），南瓜派（每份300毫克）和预包装馅料（每份400-500毫克）。– NBC 15 WMTV Madison

[**减盐方式**](http://abc30.com/health/ways-to-lower-salt/1592428/)

本视频将帮助人们降低饮食钠盐含量。从头制作食品是了解一餐食盐含量的最佳方式。一份冷冻食品包含1000毫克钠，如果在家自己制作食品，食盐数量可以减半。如果人们没有时间做饭，可以偶尔食用预包装食品，但是要注意选择标签注明“无钠”或“低钠”的食品。注意沙拉上部使用的调料和酱汁和其他看似健康的食物，这些食物通常含盐量较高。– 底特律ABC 30 WXYZ报道

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*Salt in the News* captures news articles (or headlines) related to sodium and sodium reduction that have been published since the last edition, about every 2 weeks. Content includes Industry News, Government News, State/Local News, International News, New Studies and Research, and more. The purpose is to provide a snapshot of sodium-related topics in the media.

**November 5-18, 2016**

Industry News.jpg

[**Reducing Salt in Prepared Foods Is Tricky Business**](http://www.newsworks.org/index.php/thepulse/item/98878-reducing-salt-in-prepared-foods-is-tricky-business)

Gary Beauchamp, of the Monell Chemical Senses Center in Philadelphia, has done a lot of research on salt as a flavor. Trying to reduce sodium has given rise to a new line of products that are booming right now: sodium replacement systems. Beauchamp said that one application, potassium chloride, tastes salty but is not an ideal substitute because many people find its taste bitter. Another approach is using umami, a component of monosodium glutamate (MSG), but this option may not be popular with American consumers given MSG’s reputation. Savoury Systems, a flavor company in Branchburg, New Jersey, said the costs of the compounds it uses are about 20 times higher than salt but that business is good anyway, since many food producers are trying to find ways to reduce sodium. – NewsWorks

State-Local.jpg

[**New Ohio State Center Aims to Make Foods Healthier and Tastier**](http://feedstuffs.com/story-new-ohio-state-center-aims-make-foods-healthier-tastier-45-149407)

What if you could enjoy the guilty pleasure of eating a bag of potato chips with a third less sodium but all the flavor? This is one of the questions being tackled by the Flavor Research and Education Center at The Ohio State University. In one study, the center investigated how much salt the tongue perceives. “What we found is that salt is not very well extracted in your mouth during consumption,” said Devin Peterson, director of the center. “If you have a potato chip that has salt on top of it, you’re probably only perceiving 15%–20% of the salt that’s there.” – Feedstuffs

[**Hospital Food Alert: Why Methodist Is Upgrading Its Massive Kitchen**](http://www.ibj.com/blogs/17-the-dose/post/61342-hospital-food-alert-why-methodist-is-upgrading-its-massive-kitchen)

Indiana University Health’s Methodist Hospital, which serves 5,000 meals a day, recently completed a $573,000 modernization aimed at improving meal quality and customization. The new equipment will enable hospital chefs to prepare more foods from scratch, including soups as well as rotisserie chicken and other meats to control sodium content and saturated fats in its meals. CDC warns that hospitals serving meals with full sodium “can lead to increased salt consumption in already sick and immune-compromised populations as well as their families, hospital staff, and the public.” – Indianapolis Business Journal

New Studies-Research.jpg

[**Preference for Salty Food Determined by Genes, New Research Finds**](http://www.telegraph.co.uk/science/2016/11/13/preference-for-salty-food-determined-by-genes-new-research-finds/)

People whose genetic makeup makes their taste buds especially sensitive to bitter flavors are nearly twice as likely to consume excessive amounts of sodium, according to new research presented at American Heart Association’s 2016 Scientific Sessions. Previous research revealed that people carrying a common variant of the gene *TAS2R38* tend to avoid healthy foods such as broccoli and dark leafy greens because they taste the bitterness keenly. The new research found that the same group of people was 1.9 times more likely to consume more than the recommended levels of sodium than those without the genetic profile. – Telegraph

[**CDC Study Shows Americans Consume More Sodium than Recommended**](http://www.meatpoultry.com/articles/news_home/Business/2016/11/Study_shows_Americans_consume.aspx?ID=%7B827C4E2D-AD5F-4E20-ABC6-39AD2DEA5870%7D&cck=1)

About 90% of the 827 U.S. adults in a new CDC-led study that analyzed 24-hour urine excretions, consumed more than the recommended daily limit of sodium.  The preliminary study, presented at the American Heart Association’s 2016 Scientific Sessions, revealed an average daily sodium intake of 3,662 milligrams, with men having a higher intake than women, on average. The *2015–2020 Dietary Guidelines for Americans* recommend people consume less than 2,300 milligrams of sodium per day.

– Meat and Poultry News

[**Dietary Sodium Restriction May Provide Kidney and Heart Benefits for CKD Patients**](http://www.news-medical.net/news/20161117/Dietary-sodium-restriction-may-provide-kidney-and-heart-benefits-for-CKD-patients.aspx)

Reducing sodium intake may provide kidney and heart benefits for patients with chronic kidney disease (CKD), according to new findings published in the *Journal of the American Society of Nephrology*. Urinary excretion of protein, including albumin, is a hallmark of CKD. Therapies that reduce such albuminuria can slow kidney function decline and also have beneficial effects on the heart and blood vessels. Comparing the effect of dietary sodium restriction and paricalcitol, a drug that activates the vitamin D receptor, the investigators found that dietary sodium restriction led to a significant reduction of residual albuminuria and blood pressure, whereas paricalcitol had no significant effect on these measures. The combination of paricalcitol and a low sodium diet resulted in the lowest albuminuria levels. – News-Medical.Net

Other.jpg

[**The Best Stuffing Mixes**](http://www.consumerreports.org/food/the-best-stuffing-mixes/)

Stuffing is many people’s favorite Thanksgiving dish, but in the frenzy of putting together a holiday feast, preparing stuffing from scratch may feel like one task too many. To help ease Thanksgiving stress, a food-testing team put nine packaged stuffing mixes to the test. Tasters did not find a big difference in flavor between stuffing mixes made with regular ingredients and those made with 33% less sodium chicken broth and unsalted butter. Even with the lower sodium ingredients, the sodium content per serving ranged from 250 milligrams (Stove Top Lower Sodium Stuffing Mix for Chicken) to 604 milligrams (Glutino Gluten Free Pantry Cornbread Stuffing). – Consumer Reports

[**Watching Sodium Intake During Thanksgiving**](http://www.nbc15.com/content/news/Watching-sodium-intake-during-Thanksgiving-400766901.html)

Most Americans will easily meet or surpass the recommended daily limit of sodium in just one meal during Thanksgiving. Registered dietitian Taiya Bach says the easiest way to cut back on sodium is to cook from scratch to control the amount of added sodium. Some common Thanksgiving dishes containing sodium are turkey gravy (270 milligrams per ¼ cup serving), pumpkin pie (300 milligrams per serving), and packaged stuffing (400–500 milligrams per serving). – NBC 15 WMTV Madison

[**Ways to Reduce Salt Intake**](http://abc30.com/health/ways-to-lower-salt/1592428/)

This video features tips to help people reduce sodium in their diets. Cooking meals from scratch is the best way to know how much sodium is in a meal. A frozen meal can contain more than 1,000 milligrams of sodium, but that content can be halved when cooking with fresh ingredients at home. Packaged foods can be used occasionally if there is not enough time to cook a meal, but look for labels that say “sodium free” or “low in sodium”. Watch out for dressings and sauces, which are typically high in sodium that top salads and other seemingly healthy meals. – ABC 30 KFSN-TV Fresno

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